Reflect, Recharge, and Celebrate: Supporting Self-Care at Semester's End

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The end of the winter term can feel like a lot. With deadlines, final assignments, and exams all coming together, it's easy to feel stretched, overwhelmed, and low on energy. If that's how you're feeling right now, you're not alone as this is one of the most demanding times of the semester.

It's also a meaningful moment to pause and recognize how much you've done. You have shown up, pushed through challenges, and kept going even when it wasn't easy and that effort matters.

Congratulations on making it this far, and take a moment to feel gratitude for your resilience, growth, and commitment throughout the semester.

Taking a few minutes to reflect on your progress and think about your next steps can help you feel more grounded as you finish strong. Supporting your physical well-being is just as important and something as simple as getting 15-20 minutes of fresh air each day can boost your mood, improve focus, and help reduce stress.

Join just for the Supporting Self-Care Events during the month of April.

D2014, Building D, Newnham Campus

- **Date:** Tuesday, April 7
- **Time:** 1:30 to 3 p.m.
- **Activity**: Painting

Room S2157, Seneca @ York Campus

- **Date:** Wednesday, April 8
- **Time:** 2 to 3:30 p.m.
- **Activity:** Painting

Northern Hive., King Campus

- **Date:** Thursday, April 9
- **Time:** 2:30 to 4 p.m.
- **Activity:** Lavender take away experience

This is a chance to step away from the pressure, connect with others, and take part in a relaxing painting activity. Give yourself the time to recharge, reflect, and celebrate how far you've come.
You have earned it!

Written By: Rosa Faraj Mohammadi, Student Services Ambassador

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